



# Fitness Boot Camp



Welcome to the Westport Parks and Recreation ***Fitness Boot Camp*** program. Get motivated with our own, new Fitness Boot Camp! Run by locally renowned personal trainer, Topher Tornow, Fitness Boot Camp will provide you with a full body workout that will help promote fat loss and get you on your journey to an active, healthy lifestyle. Our workout will help you increase your cardiovascular efficiency, increase your strength and get you into the routine of regular exercise. Workouts change weekly to give your body the ultimate, overall exercise experience and give you the ability to perform them on your own as well as outside of class. He has obtained numerous certifications that include NASM, NSCA, RTS, APEX and Renegade Training.

## **GENERAL PROGRAM INFORMATION:**

The Fitness Boot Camp is available to adults, 18 and over.  
Two sessions are available:

- **January 3 – February 8, 2012**                      **FBC11**
- **February 29 – April 11, 2012**                      **FBC21**

**Wednesdays: 6:15 a.m. to 7:15 a.m.**

**Staples High School Fieldhouse**

## **INCLEMENT WEATHER**

Even though this activity takes place indoors, inclement weather could cancel the program with school closings or early dismissals. **Please contact our cancellation line at (203) 341-5074** to keep up to date on program cancellations. There are no make-ups or refunds for program cancellations due to inclement weather.

## **WHAT TO BRING**

- Attire for the lesson should be a short sleeve shirt, shorts and sneakers with socks. If the weather seems to be cool, a sweatshirt, jacket or sweatpants would also be appropriate.
- Something to drink such as bottled water.

## **GENERAL RULES**

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated.
- At the end of each lesson, please be sure to pick up all belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child before they attend the program.